

Recovery Resource Center (PRRC) Schedule • NOVEMBER 2013

****Information: call 216-391-0264 x7772 • 7000 Euclid Ave., Suite 202, 2nd Floor • Hours: M-F 9a - 3p****

Monday	Tuesday	Wednesday	Thursday	Friday
<u>COMMUNITY MEETING is 11/6/13, 11a @ 7000 Euclid – We would like to see everyone there!!!!</u> <u>Join us for food, good company, and important updates!</u>	Reminder of what symbols mean: CG = Closed group [T] = Group offered by Telehealth – <u>will likely not start until later in the month!</u>	Please use the <u>Suggestion Box</u> that is located on the wall by the computers – we want to hear your comments & suggestions!!!	<u>SPECIAL PROGRAMS</u> -Experiences with Horses starts 11/12/13 -Moving Forward Workshop begins 11/7/13 -Imagination Arts on 11/21/13	1 10-11a Mind Over Mood: DBT Skills [T] (Library) 11a-12p Pathways to Recovery [T] (Library)
4 10-11a Ending Self Stigma – <u>Closed Group</u> (CG, Library) 11a-2p CET (CG) 2:30 <u>NAMI Peer 2 Peer</u> (Library, must be signed up!)	5 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Person to Person (CG, Group Room)	6 11A Community Meeting @ The Recovery Resource Center (PRRC) 12N Peer Council (Cafe) 1-3p Individual Recovery Planning (as scheduled, Library)	7 10a-11a Recovery Skills for Addictions [T] (Library) 10-11a CHATS (Group Room) 11a -12p Relationship Skills [T] (Library) 12:30-2p – Moving Forward Workshop	8 10-11a Mind Over Mood: DBT Skills [T] (Library) 11a-12p Pathways to Recovery [T] (Library) 11a-12p Orientation [T]
11 <u>Holiday</u> Center Closed	12 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Person to Person (CG, Group Room) 11a-2p Experiences w/ Horses @ Fieldstone NEW SESSION (CG)	13 10-11a Nutrition (Library) 11a-12p Recovery 101 (Library) [T] 1-3p Individual Recovery Planning (as scheduled, Library)	14 10a-11a Recovery Skills for Addictions [T] (Library) 10-11a CHATS (Group Room) 11a -12p Relationship Skills [T] (Library) 12:30-2p – Moving Forward Workshop	15 <u>**OPEN HOUSE**</u> 10-11a Mind Over Mood: DBT Skills [T] (Library) 11a-12p Pathways to Recovery [T] (Library)
18 10-11a Ending Self Stigma (CG, Library) 11a-2p CET (CG) 2:30 <u>NAMI Peer 2 Peer</u> (Library, must be signed up!)	19 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Person to Person (CG, Group Room) 11a-2p Experiences w/ Horses @ Fieldstone Farm (CG)	20 10-11a Health & Wellness (Library) [T] 11a-12p Recovery 101 (Library) 12N Peer Council (Cafe) 1-3p Individual Recovery Planning (as scheduled, Library)	21 10a-11:30a <u>**Imagination Arts**</u> (Library) 11:30a-12:30p Recovery Skills for Addictions (Library) [T] & CHATS (Group Room) 12:30-2p – Moving Forward Workshop	22 10-11a Mind Over Mood: DBT Skills [T] (Library) 11a-12p Pathways to Recovery [T] (Library) 11a-12p Orientation [T]
25 10-11a Ending Self Stigma (CG, Library) 11a-2p CET (CG) 2:30 <u>NAMI Peer 2 Peer</u>	26 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Person to Person (CG, Group Room) 11a-2p Experiences w/ Horses @ Fieldstone Farm (CG)	27 10-11a Nutrition (Library) 11a-12p Recovery 101 (Library) [T] 1-3p Individual Recovery Planning (as scheduled, Library)	28 <u>Holiday</u> Center Closed	29 10-11a Mind Over Mood: DBT Skills [T] (Library) 11a-12p Special Programming - Peer Group (Library)

**** 4th Quarter – October through December 2013 **** <http://www.cleveland.va.gov/services/PRRC.asp> ******

Recovery Resource Center (PRRC) Workshops & Special Events

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OCTOBER 2013

October 4 – Community Meeting @ NAMI Greater Cleveland, 12p (2012 W. 25th St., Suite 600)

October 14 – **Center Closed**, Holiday, Columbus Day!

NOVEMBER 2013

November 6 – Community Meeting @ the Recovery Resource Center (PRRC), 11a-12p

November 7 – **Moving Forward Workshop (Problem Solving Skills)**, Thursdays for 4 weeks, November 7, 14, 21 and December 5, 12:30-2p

November 11 – **Center Closed**, Holiday, Veterans Day – Thank you for your service!

November 12 – *NEW Experiences with Horses* begins, 11a-2p, Transportation will be provided

November 15 – **Open House** for Supporters/Families/Friends, 10a – 1p

November 28 – **Center Closed**, Holiday, Happy Thanksgiving!!!

DECEMBER 2013

December – **WRAP 2-Day WORKSHOP**, Dates and Times TBA (look for flyer in November)

December 20 – **Holiday Party and Community Meeting**, 11-1:30p

December 25 – **Center Closed**, Holiday, Merry Christmas, Happy Chanukah, Happy Kwanzaa!